

America's First Choice

# TAILWIND

TRAVIS AFB, CALIF.

FRIDAY, AUG. 1, 2003

VOLUME 28, NUMBER 30



## AMC EVOLUTION

Wings, Expeditionary Mobility Task Forces to report to 18th Air Force after Oct. 1.

3



## IDEA PAYS OFF

A Staff Sergeant from the 349th EMS puts his IDEAS to work for the Air Force.

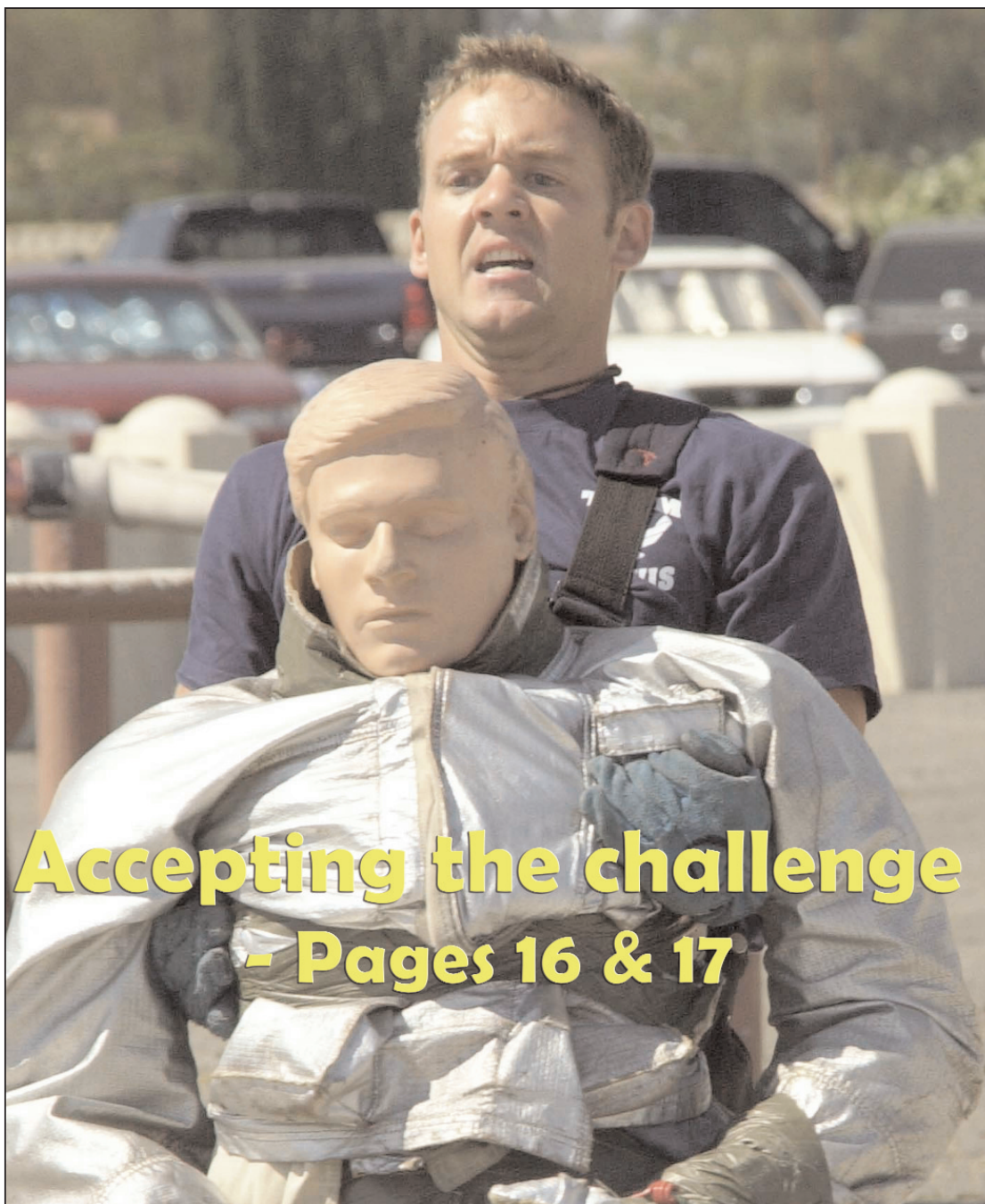
3



## SPECIAL VISITORS

The Travis team gets a visit from more than 100 French cadets, officers.

4



**Accepting the challenge**  
**- Pages 16 & 17**

# Commander's Corner

## Travis welcomes visiting commanders

By Brig. Gen. Brad Baker  
60th AMW commander

The Travis team continues to move forward at mach speed — but with thoughtful precision!

This week we welcomed leaders from 15th Air Force bases throughout the command for the annual commanders' conference and Solano Trophy dinner. Led by **Maj. Gen. John Becker**, it was a great opportunity to celebrate the successes throughout the Numbered Air Force in the ongoing war against terrorism and Operation Iraqi Freedom. Many thanks to our NAF for recognizing excellence within the wings and for putting on such a terrific event!

Many thanks also to the **Travis Regional Armed Forces Committee** for their continued efforts to support this nation and our Air Force.

In other recent events, **Audrey Fisher**, a trustee for the Travis' Fisher house, and retired **General Michael P.C. Carns**, former Air Force Vice Chief of Staff, visited Wednesday. We were honored to have them here for a luncheon and tour of our Fisher House and hospital, but even more importantly, we were thrilled to have such an excellent opportunity to thank the Fisher family for their unwavering commitment to our families.

Mark your calendars for the basewide **Welcome Home picnic** scheduled for Friday, Aug. 15, from 10 a.m. to 3 p.m. This is open to all members, active and reserve, civilians and family members. This will be held in honor of those Travis warriors who've returned from Operation Iraqi Freedom and those warriors who stayed at Travis and worked 16 hour days, 6 or 7 days a week, while others were deployed. We'll have a barbecue, sports, and live entertainment. The nationally renowned band "Restless Heart" will play a wide range of music, and a number of the Oakland Raider and San Francisco 49er cheer-



Brig. Gen. Brad Baker

leaders will be on scene to sign autographs and meet families. In addition, Maj. Gen. Becker, 15th Air Force Commander, will be there to say a few words, and Congresswoman Tauscher and Congressman Ose will be there to help serve the burgers.

### Force structure

As you read in the Tailwind last week, the Air Force announced force structure changes. With a couple of exceptions, the impact of those changes within the 60th Air Mobility Wing will be primarily associated with loss of four C-5s. This will include a reduction of about 165 military and 15 civilian positions associated with that airframe.

Transformation is intrinsic in our culture ... and we heartily welcome the challenges and opportunities ahead of us. With the projected arrival of C-17 mission in upcoming years, we will certainly have more than enough flying hardware to take care of the nation's business!

### Transitions

This week we bid farewell to **Col. George Gerdtts**, the 60th Medical Group deputy commander. He did a fantastic job

providing leadership for one of the Air Force's largest medical groups and we wish him and his family the best as they depart Travis.

Sadly, our nation also said goodbye to a great American citizen, a man who consistently and sincerely supported the troops during war and peace. Entertainer **Bob Hope** brought his USO show abroad to cheer service members during every major conflict since World War II, in addition to many other tours during peacetime. He traveled through Travis on several occasions, and it was in 1965 when Travis provided the first ever, dedicated C-141 for his 1965 tour. He was presented the Order of the Sword during a ceremony at Norton AFB, Calif., in the early 1980s, further reflecting the Air Force's appreciation of his commitment and service to this country. He will be missed but not forgotten.

### DUIs

As we watch the number of incidents rise, I'm going to continue to hammer home that drinking and driving is against the law and is simply unacceptable. It grossly and negligently puts other lives at risk. There are people serving more than 20 years in prison because they took a life while driving drunk. The short answer is—don't drink and drive. Don't let your colleagues, friends or family drink and drive and remind your subordinates to use good judgment.

So far, we've been extremely lucky that no one has been killed. As I've said before, if you drink — don't drive. Have a plan when you go out and stick to it and if you find you've overindulged, call Airman Against Drunk Drivers, someone you know, or your squadron support system. We also need to watch out for each other and make sure we don't allow someone to drive drunk. With everyone's help, we can prevent DUIs.

Well, have a nice and safe weekend ... God bless the Travis team and God bless America!

TAILWIND

Travis AFB, Calif.  
60th Air Mobility Wing

Brig. Gen. Brad Baker  
60th Air Mobility Wing commander

#### 60th AMW Editorial Staff

Capt. Michele Tasista  
Chief, Public Affairs

Tech. Sgt. Scott King  
NCOIC / Editor

Senior Airman Megan Bouthot  
Senior Airman Matthew Bates  
Staff writers

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Editorial content is edited, prepared and provided by the 60th Air Mobility Wing Public Affairs Office at Travis AFB, Calif. All photographs are U.S. Air Force photos unless otherwise indicated.

Correspondence may be sent to: 60th AMW/PA; 400 Brennan Circle; Travis AFB, CA 94535-5005, faxed to 424-5936 or emailed to [tailwind@travis.af.mil](mailto:tailwind@travis.af.mil). Deadline for copy is 4:30 p.m. Friday for the following Friday's issue. Swap Ads must be brought to Bldg. 51 by noon Monday for possible print in that Friday's issue. E-mailed or faxed Swap Ads will not be accepted.

For information on paid advertising and on-base circulation, call (707) 425-4646. Correspondence may be sent to: Daily Republic; 1250 Texas St.; Fairfield, CA 94533 or faxed to (707) 425-5924.

### On the Cover



Senior Airman Matthew Bates / 60th AMW  
Public Affairs

Airman 1st Class Brendan O'Neil practices the "dummy drag" portion of the Firefighter Combat Challenge.

## Uniform Fact: Regulations govern wear of clothing accessories

According to Air Force Instruction 36-2903, entitled "Dress and Appearance," in Table 2.6, Item 6, on page 95, eyeglasses and sunglasses are to be free of ornamentation on frames and lenses. Also, when worn indoors, glasses are to be conservative, clear, slightly tinted or photosensitive. While outdoors, sunglasses or tinted glasses are to be conservative, meaning no faddish styles or mirrored lenses. No sunglasses may ever be worn while in formation or be hung around the neck when in uniform. Although AFI 36-2903 does not specifically address the wearing of sunglasses on the head, the common sense rule applies when in uniform.

Other accessories regulated by AFI 36-2903 while in uniform include:

- » Headphones are prohibited unless required to perform duties
- » All pens and pencils are to be concealed, unless carried in compartment on left BDU pocket
- » Necklaces and chains must be concealed under collar or undershirt
- » Umbrellas must be black or dark blue and carried in the left hand
- » A maximum of three rings may be worn at one time by an individual
- » Bracelets must be no more than one inch in width and not present a safety hazard
- » Beepers and cellphones must be clipped to the waistband or carried in left hand; only when required to perform duties
- » Gym bags or backpacks may be carried in either hand, but must be worn over the left shoulder only
- » Religious head coverings may be worn indoors, only if approved by the installation commander and chaplain
- » Watches may be worn, but must be conservative in nature and appearance



# EMTFs: Mobility support to 21st century warfighters

By Col. Dave Thurston  
AMC Director of Public Affairs

**Editor's Note:** The July 25 reorganization announcement incorrectly described the chain of command within the new AMC structure. Beginning Oct. 1, AMC wings, the groups at Dyess, Robins and Little Rock AFBs, and the EMTFs will report to the 18th Air Force commander. The four Air Mobility Operations Groups and the en route system will report through the EMTFs.

SCOTT AIR FORCE BASE, Ill. — On Oct. 1, Air Mobility Command's warfighting reorganization will transform the command's structure to ensure better mobility mission focus for today's expeditionary Air Force. According to AMC commander, Gen. John W. Handy, the result will be enhanced command and control.

"In the future, all presentation of forces to the warfighter will be through one numbered Air Force responsible for the Tanker Airlift Control Center, 12 wings, three groups, two Expeditionary Mobility Task Forces and the en route system," he said.

The reactivated 18th AF will focus on presentation of those mobility forces to the unified commanders for execution of AMC's worldwide operational mission. The existing 15th and 21st Air Forces at Travis Air Force Base, Calif., and McGuire AFB, N.J. will be redesignated as Expeditionary Mobility Task Forces.

But what is an EMTF and how does it fit into AMC's new architecture?

The new Expeditionary Mobility Task Forces are actually key to the execution phase of warfighting. Each of the EMTFs will be commanded by a general officer responsible for leading the efforts of AMC's four Air Mobility Operation Groups and their subordinate units providing worldwide expeditionary mobility support. The EMTF will maintain administrative control over the AMOGs and ensure their appropriate representation and support.

Each AMOG can field professional multifunctional teams to extend existing AMC infrastructure through both in-place employment and rapid forward deployment to meet our nation's Global Air Mobility needs. They can deliver on short notice mission-ready command and control, aerial port, and aircraft maintenance personnel to project and sustain combat forces worldwide.



File photo

The newly reactivated 18th AF will focus on presentation of those mobility forces to the unified commanders for execution of AMC's worldwide operational mission. The existing 15th and 21st Air Forces at Travis Air Force Base, Calif., and McGuire AFB, N.J. will be redesignated as Expeditionary Mobility Task Forces.

The EMTF commanders will also play a vital role as deployable Directors of Mobility Forces during contingency operations. As the DIRMFOR, the EMTF commander will serve as the designated agent for all air mobility issues in the Area of Responsibility or Joint Operations Area, and for other duties as directed. They will also exercise coordinating authority between the theater command and control nodes, the TACC and DoD's Joint Movement Center in order to expedite the resolution of air mobility issues.

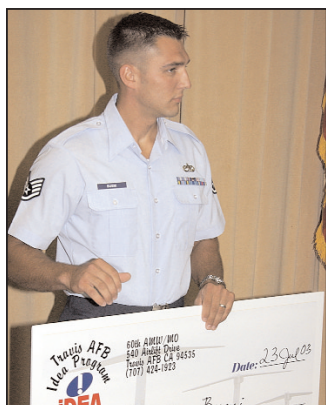
The EMTF commanders' role is outreach focused, leading AMOG personnel from initial base assessment through full operational capability, anywhere in the world. General Handy points out that the word "task" is already central to the way AMC conducts business.

"That's how we do it today — it's how an AMOG operates. They get a task from the Tanker Airlift Control Center and tailor their resources to accomplish that specific task. The EMTFs will always be out there in peace or war. Their role is mobility. How do I create

austere airfields out of nothing? How do I take a robust airfield and make it useful? That will be their expertise," said General Handy. "They can go anywhere and do anything — they're organized under this one-star who's role is to look out there and say 'what can I do to help?'"

Redesignating the current numbered Air Forces to EMTFs provides precise focus on what General Handy describes as "Job #1" — warfighting. The divestiture of redundant staff functions at the NAFs makes the EMTFs light, lean and agile while consolidation of command and control at 18th AF places centralized warfighting responsibility within a single command element. General Handy says the end result is easily understood.

"The new construct makes it very clear to anyone who looks at the organization that we are part of a task force — it's expeditionary and the task is mobility. We can facilitate mobility in an expeditionary manner anywhere in the world."



Staff Sgt. Nick Bugni, an ART with the 349th AMW Equipment Maintenance Squadron, earned \$10,000 from the Air Force for submitting a suggestion to the Air Force Innovative Development through Employee Awareness Program.

## Travis Air Reserve Technician cashes in

By Tech. Sgt. Scott King  
60th AMW Public Affairs

A 349th Air Mobility Wing air reserve technician received "big bucks" for submitting a tangible-savings suggestion to the Air Force Innovative Development through Employee Awareness Program.

Staff Sgt. Nick Bugni, an ART with the 349th AMW Equipment Maintenance Squadron, earned \$10,000 from the Air Force for submitting his suggestion to improve the process for removal and replacement of horizontal stabilizer pivot pins on T-tails of C-5s.

"I've submitted dozens of suggestions in the past for different cost-saving ideas," Sergeant Bugni said. "I never thought I'd receive the maximum amount of money from the Air Force like I did — it paid off this time."

The IDEA program gives cash awards to all Air Force military and Air Force federal civilian employees for

sharing their ideas on how to save the Air Force money. Cash awards range from \$200 up to Sergeant Bugni's take home of \$10,000.

Sergeant Bugni's idea not only paid off for him, but for the Air Force as well. His suggestion will save the Air Force about \$133,000 annually.

In January 2002, Sergeant Bugni stood alongside a DEPOT team of engineers on the Travis flightline, who flew from Robins Air Force Base, Ga., as they removed and replaced a pivot pin on a C-5 — a procedure that took three hours. He took pictures and notes of the procedure. After the repair was made, the engineers explained to Sergeant Bugni that the task could be completed safely (in the field) and he should submit an IDEA form to add the task to a Technical Order so maintainers at bases could perform the task.

"As I thought about all the travel, lodging and man hours that could be

saved if we took care of this fix here, it became obvious there could be a huge savings to the Air Force and we wouldn't have to wait (sometimes weeks) for a DEPOT team to fly here to make the repairs," Sergeant Bugni said.

Not only were time, travel and man hours saved, but many components were disconnected and removed unnecessarily prior to replacing the pivot pin before Sergeant Bugni forwarded his suggestion.

There were steps cut out that weren't necessary for the procedure, he said. We don't have to rely on as much equipment now either — that also saves money.

"The IDEA program is a great opportunity for people to improve processes throughout the Air Force saving valuable time and money," Sergeant Bugni said.

He plans to take his co-workers out to lunch and take his wife on a cruise "after he receives his money."

# French Air Force Academy students tour Travis AFB

By Jim Spellman  
60th MDG Public Affairs

The Travis team played host to the French Air Force Academy and Officer Candidate School — Ecole de l'Air — during a visit here July 24.

A little more than 100 cadets ("eleves"), teachers, staff and Air Officers Commanding ("cadres") were accompanied by their commandant, Brig. Gen. Jean-Pierre Martin during the one-day visit.

The group's itinerary included a welcome and administrative briefing by Capt. Eric Crawford of the 22nd Airlift Squadron, followed by a briefing on Air Mobility Command operations by Col. Bill Sick, Deputy Operations Group commander for the 60th Air Mobility Wing in the David Grant USAF Medical Center's Auditorium.

Captain Crawford, Lt. Colonel Maggie Pelszynski from the 60th Medical Group and Capt. Dan McBroom from the 60th Air Mobility Wing protocol office coordinated the events of the day. Assistance was also provided by Capts. Eric Spotts and Shawn Kelly from the 22AS, and 1st Lt Andy Peterson, a Mission Support Group executive staff from the 9th Air Refueling Squadron.

"Colonel Pelszynski and I went on an exchange at the French Air Force Academy while we were in college," explained Captain Crawford. "Ecole de l'Air is located in Salon de Provence in the South of France. It is a beautiful location just south of Aix en Provence, a lively college town about 30 minutes away."

After the briefing, the visiting cadres and Academy elites broke into three groups for separate tours of DGM's hyperbaric chamber with Capt. Kim-Chi Vo, from the 60th Medical Group.

A base tour, C-5 Galaxy static display and simulator



Jim Spellman / 60th MDG Public Affairs

Cadets ("eleves") from the French Air Force Academy and Officer Candidate School, Ecole de l'Air, receive a briefing on the hyperbaric chamber at David Grant Medical Center from Capt. Kim-Chi Vo of the 60th Medical Group.

tour for a select group of elites closed out the events with a lunch at the Travis Conference Center where gifts were exchanged.

After lunch, the group visited a KC-10 Extender static display, the Base Exchange and the Travis museum where they were allowed to board the C-124 Globe-

master and see all the other displays.

"It was a packed day and there was little rest along the way," said Captain Crawford. "But I think everyone had a good time and the French speakers involved got to practice their language skills a little bit."

## ATWIND, Travis youth pledge to succeed with "I Can Achieve" rally

### 60th Services Squadron

Members of Boys and Girls Clubs of America all over the country and on Air Force bases worldwide will set academic goals and make a pledge to succeed in the coming school year in over 200 local "I Can Achieve" academic pledge rallies.

Travis BGCA members will make their academic pledge as part of the Welcome Home Party and ATWIND Family Fun Day picnic's schedule of special events.

Youth will gather on the front lawn of the Delta Breeze Club at 10 a.m. on Aug. 15 to pledge to themselves, parents and their adult leaders to improve their academic performance for the upcoming year.

"We believe it's very important to call attention to such a crucial initiative," said Sandra Latchford, Youth Center director.

"We know from research and firsthand experience that without support many of our members may accept lower standards of academic achievement, which lower their aspirations for higher education and limit their options for employment and life in general," she said.

The "I Can Achieve" rally is made possible by a \$1,000 grant from the JCPenney Afterschool Fund. Academic

pledge rallies are part of the BGCA's Goals for Graduation curriculum sponsored by the JCPenney.

Afterschool Fund Goals for Graduation introduces academic goal setting to Club members by linking their future aspirations with present actions, thus making learning more personally rewarding.

Working with Boys and Girls Club staff in one-on-one or small groups, members set achievable "Know-I-Can" goals, more challenging "Think-I-Can" goals and yearly "Believe-I-Can" goals.

Participants create an action plan with daily and weekly goals leading to both short-term and long-term gains. A comprehensive guidance strategy helps members connect their smallest results to their highest dreams.

This strategy buoys members as their successes are recognized and supported in every step of their journey.

"We want every young person in our community to succeed, and that's why we're thrilled to host this pledge rally," said Ms. Latchford.

Youth ages 6 to 15 may pick up "I Can Achieve" pledge cards and goal-setting forms at the Youth Center along with more information about the Goals for Graduation program.

The BGCA has played an integral role in the Travis community for five years, providing daily programs and

services to hundreds of young people.

The Youth Center is open weekdays from 6:30 a.m. to 6 p.m. with programs that emphasize education and career enhancement, character and leadership development, health and life skills, the arts, sports, fitness and recreation.

The JCPenney Afterschool Fund is a non-profit organization committed to helping provide children with high-quality, affordable after-school programs to help them reach their full potential.

Call the Travis Youth Center at 424-5392 for details.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DBC Brunch	Bowl at the Travis Bowl	Eat at the Travis Bowl	Gatsby's Grill	Delta Breeze	Dinning Facilities	Youth Bowl
ANY DAY Outdoor Rec ----- OAP or ITT trip ----- Join the Delta Breeze Club -----	Gatsby's Grill	Library Story Time	Karaoke @ DBC	Library	Miike's Place	Aquatic Center
	Smoothie Island	Cypress Lakes	Travis Bowl	Fitness Class	Outdoor Rec	Travis Marina
		Fitness Center	Youth Golf \$5	Cypress Lakes	Skating Rink	Auto Skills Ctr
		Frame Shop	Smoothie Island	Eat at the Travis Bowl	Bar Bingo @ DBC	
		Delta Breeze	Belay Clinic	Water Aerobics	Full ATWIND schedule at <a href="http://www.60thServices.com">www.60thServices.com</a>	

## Fall registration begins at Travis Unified School District, hours listed

Students new to the district are requested to provide copies of transfer papers or report cards from their previous school, verification of address (i.e., PG&E bill, phone bill, water bill if it has a name and address on the bill) and up-to-date immunization records.

Students must be 5 years old on or before Dec. 2 to enroll in Kindergarten. Birth certificates are required for students enrolling in kindergarten or students new to the state. Physical examinations are required for students enrolling in first grade.

Registration hours are 9 a.m. to 11 a.m. and 1 p.m. to 3 p.m. for elementary stu-

dents. Classes will begin Aug. 25 for traditional, red, yellow and green tracks. Blue track starts Sept. 29. For additional information, please contact the appropriate school.

Golden West Middle School, Vanden High School and Travis Education Center High School will make appointments for registration. Appointments can be made by calling Golden West Middle School at 437-8244, Vanden High School at 437-8279 and Travis Education Center at 437-8166 daily from 7:30 a.m. to 3 p.m. Classes begin Aug. 25.

For additional information, please contact the appropriate school.

## Military Personnel and Immediate Family

To reach members of your family in times of emergency need, call the American Red Cross Armed Forces Emergency Service Center toll-free at (877) 272-7337.



Air Force  
**Photos**

[www.af.mil/photos/](http://www.af.mil/photos/)

## Being medically prepared ...



**Capt. Angela Smith** / 60th AMW Public Affairs

*Capt. Foster Marruffo, 60th Medical Group, administers a tuberculosis test to Staff Sgt. Rose Stephenson Monday at the Bldg. 381 auditorium. The Immunizations Clinic has been going to base units for the past three weeks to help Travis personnel update their shot records. For more information about immunizations and clinic hours, call 423-5080.*

## TRAFc joins Enhancement Committee

### Tailwind Staff

The Travis Regional Armed Forces Committee recently voted to become a paid member of the Travis Enhancement Committee.

The committee is a consortium comprised of Solano County, its cities, the Economic Development Corporation, Solano Community College and others.

New TRAFc chairman, Ben Huber said, "Given the consortium's purpose is much akin to that of the TRAFc charter, the Executive Board unanimously and whole-heartedly supports TRAFc being a member of the consortium. Joining forces would mean a more efficient use of our individual resources."

Comprised of business leaders throughout Solano County and

government leaders at the local, state and federal level, TRAFc serves as the regional support and advocacy group for Travis.

Among other programs honoring Travis military personnel, TRAFc annually sponsors the Solano Trophy Awards Dinner honoring the best active duty, Guard and Reserve units within the 15th Air Force, holds

monthly meetings with the Air Force leadership, and makes trips to the Pentagon and Capitol Hill to seek support for key Travis projects and missions.

For more information about TRAFc, call the Fairfield-Suisun Chamber of Commerce at 425-4625 or the Vacaville Chamber of Commerce at 448-6424.





*Don't forget to render  
proper customs and  
courtesies.*

## CRIME STOPPER

### TRAVIS SECURITY FORCES ACTIVITY

#### July 21

- » Vehicle towed from passenger terminal
- » DUI in San Jose
- » Child neglect on Hamilton Street
- » Domestic battery incident in Sacramento

#### July 22

- » Vehicle accident at the Base Exchange
- » Vehicle accident on Hanger Avenue and Boyd Street
- » Vehicle accident at the Main Gate
- » Verbal altercation on Ryan Court
- » Dog apprehended at the shoppette
- » Vehicle accident at the BX
- » DUI at the main gate

#### July 23

- » Vehicle towed from Bldg. 205
- » Verbal altercation on Broadway Street
- » Damage to private property at Bldg. 434
- » Hit and run at the BX
- » Missing person found at Bldg. 1331

#### July 24

- » Dog bite at the Duck Pond
- » Damage to private property Bldg. 777
- » Shoplifting at the BX
- » Vehicle repossessed at the passenger terminal
- » Aggravated assault at the West Wind Inn
- » Loud noise complaint at the dorms

#### July 25

- » DUI at the Main gate
- » Vehicle accident and pedestrians struck at Bldg. 187
- » Vehicle accident at Bldg. 154

#### July 27

- » Verbal threat on Maine Street
- » Damage to government property at hanger 810

**Crime Tip:** Taxi's are less expensive than DUTs.



## NEWS NOTES

TRAVIS AIR FORCE BASE

### First Sergeant duty brief

Do you want to make a difference in the Air Force? Are you currently a master sergeant, or master sergeant select who would like a challenge? There will be an informal briefing for anyone interested in becoming a first sergeant on August 7 at 11 a.m. in the 9th Air Refueling Squadron auditorium, Bldg. 187. Applying for a special duty assignment as a first sergeant may be the challenge you will never forget the rest of your life.

The first sergeant has a rewarding history of guiding and mentoring airmen in every phase of their career. Could you be one of those mentors? If you enjoy interacting with airmen, participating in base activities, and camaraderie with other NCO's, you are a perfect choice for first sergeant duty. First sergeants serve a minimum of three years in the career field, earn special duty pay and will usually serve in one or more squadrons during their tenure as a first sergeant.

The biggest benefit of a first sergeant is taking care of personnel. First sergeants also make a difference in the quality of life and morale for airmen and their families. If you're up to the challenge, you can find

further information in Air Force Instruction 36-2113 on first sergeant duties and application procedures. Make a difference and help mold the airmen of today become the leaders of tomorrow.

### Tobacco Cessation Program

The Travis Tobacco Cessation program is a collaborative effort between the Family Support Center, the Travis Integrated Delivery System and the Health and Wellness Center. The program uses state-of-the-art support and behavioral change strategies, coupled with nicotine patch or Zyban treatments to support individuals who want to quit. The program consists of a one-hour class that meets once a week for seven weeks. Noon and evening classes are available. The next classes begin August 7 at 4:30 p.m. and August 27 at noon. To sign-up for more dates and times, call the HAWC at 242-4292.

### Civilian retirement briefing

There will be an all day retirement briefing on Aug. 19 beginning at 8 a.m. at the Military Personnel Flight building (Bldg. 381). This briefing is provided by the Snowcap Agency in Colorado and is targeted at federal employees considering

retirement within the next five years. For more information, contact Mercedes Camacho at 424-2835.

### TSP Catch-Up 50 Entitlement

The Defense Finance and Accounting Service in Denver announced that the Catch-Up 50 entitlement contributions for the Thrift Savings Plan are scheduled to begin Aug. 1. For more information regarding the entitlement or how to make contributions visit the TSP Web site, [www.tsp.gov/cgi-bin/byte-server.cgi/uniserv/bulletins/03-u-4.pdf](http://www.tsp.gov/cgi-bin/byte-server.cgi/uniserv/bulletins/03-u-4.pdf).

### Squadron Closure

The 60th Comptroller Squadron will be closed on Aug. 8 from 11 a.m. to 4:30 p.m. for an official squadron function. Base personnel are asked to conduct their finance business in advance to allow maximum squadron participation. In case of emergency only, call 436-9349 or 436-9313.

### Hiring opportunities

The 70th Air Refueling Squadron is now hiring KC-10 flight engineers. The 70th ARS is currently accepting resumes from cross flow flight engineers (C-5, C-141 and C-130), and

KC-10 crew chiefs and maintenance personnel, both active duty and reserve. For more information, call 424-7003.

■ SEE NEWS NOTES ON PAGE 11

## NEWS NOTES / From Page 10

### Health Care Advisory Council

The 60th Medical Group will host the next quarterly Health Care Advisory Council meeting Aug. 12 from 1:30 p.m. to 3 p.m. in the David Grant Medical Center Auditorium. The HCAC informs active duty members, retirees and their beneficiaries of current and upcoming changes within the medical center and with their TRICARE benefits. For more information call 423-7904.

### 2-Sac-n-Back . . . Again

It was so much fun the first time, the Health and Welfare

Center has decided to do it again. Between Aug. 1 and 30, accumulate mileage towards the 84 mile round trip to Sacramento and back. Pick up entry forms at the HAWC or Fitness Center. Participants can use a personal bike, treadmill, stationary bike, cross trainer, Fitness Center equipment or attend Fitness Center classes. Another option includes any outdoor exercise where mileage can be tracked (i.e. walking, running, swimming, biking, etc). Certificates and prizes will be awarded. Everyone is eligible to participate. Contact Nicole Saroyan at 424-4634

### School supply drive

School supplies are a grow-

ing need for our elementary school students at Travis. Each year parents are asked to provide various school items such as crayons, paper, notebooks, rulers and markers. In an effort to assist our parents and schools, Travis Integrated Delivery System (TIDeS) will conduct a school supply drive through August 30. Representatives from TIDeS and Family Support will be in front of the Base Exchange mall, July 31, Aug. 1 to 2 and Aug. 14 from 10 a.m. to 3 p.m. to take donations. Donations will also be taken at the Family Support Center. All donations will go to Center, Scandia and Travis elementary schools for the coming school year. Contact the Family Support Center at 424-2486 for more information.

**Classifieds work!**  
**Call 425-4646**

**Knowledge is power!**

Read a book at the base library.

## Honor Guard performance



Courtesy Photo

The Travis Honor Guard performed at a pair of San Diego Padres games July 17 and 18. The honor guard team consisted of (left to right) Airman 1st Class Jennifer LaPlante, Tech. Sgt. John Casero, Senior Airman Dmitry Stupnikov, Airman 1st Class Lebron Lane and Staff Sgt. Teresa Gomez.



## Guidelines dictate gift giving to troops

**By 2nd Lt. Dustin Hart**  
Air Mobility Command Public Affairs

SCOTT AIR FORCE BASE, Ill. — As a result of the overwhelming public support for the military during the ongoing War on Terrorism, the Department of Defense has drafted specific guidance to deal with the acceptance of gifts by its personnel.

According to the guidance, Air Mobility Command employees and their families may accept gifts from non-Federal sources as long as those gifts are not offered by a prohibited source or offered due to the personnel's official position.

Prohibited sources include anyone who seeks repayment from the gift, to include doing

or seeking business with the employee's agency, conducting activities regulated by that agency or having interests that could be affected by the agency's action.

"Accepting gifts from outside sources could potentially create a perception of favoritism," said Master Sgt. Daniel O'Hara, an AMC law office manager. "This is why guidelines have been established for accepting gifts from outside sources."

As the number of service-members deploying to support operations overseas has increased, so has the amount of gifts sent to deployed locations. Due to security and transportation concerns, DOD urges that the public do not send mail or packages to deployed troops

unless they are family members or personal friends.

Other means of showing support include online greeting and thank-you cards located on several different Web sites. "There are many other ways the public can show its appreciation for the Armed Forces without giving gifts," Sergeant O'Hara said. "One example would be military appreciation days that are commonly held at theme parks and sporting events."

Any questions about the acceptance of public gifts should be directed to local base legal offices.

Information on other ways the public can show support for the troops can be found at [www.afmri/news/opscenter/troop\\_support.shtml](http://www.afmri/news/opscenter/troop_support.shtml)

## CSAF: Commanders can stem suicide through awareness of resources

By G.W. Pomeroy

Air Force Surgeon General Public Affairs

WASHINGTON — Suicide prevention begins with leadership at every level being knowledgeable about resources available to help those in distress, according to a message written by Air Force Chief of Staff Gen. John P. Jumper.

In the communiqué, entitled Seeking Help and Suicide Prevention, General Jumper urges commanders to encourage airmen to seek help "earlier rather than later."

"The Air Force has established a network of community and medical resources," General Jumper wrote. "These resources range from prevention services such as marital enrichment seminars to individualized counseling."

The Air Force uses an Integrated Delivery System that

involves chaplains and professionals from mental health, family support, child and youth services, health and wellness centers and family advocacy — all working together and taking responsibility for prevention.

"Unfortunately, many distressed airmen never seek these services," General Jumper wrote.

Of the 29 suicides among active-duty members during calendar year 2002, "only 24 percent sought help from Life Skills Support Centers in the month prior to their death," General Jumper wrote.

He also addressed a common misconception among Air Force members that getting help will damage their careers.

"Please emphasize that PIF documents misbehavior, not medical or mental health visits. It is highly unlikely a voluntary mental health visit will have a

negative career impact, but may in fact save one's career," General Jumper wrote to commanders.

Air Force statistics overwhelmingly support this fact: 97 percent of members who self-refer for mental health treatment receive no negative career recommendations.

"We should encourage our people to seek help early, rather than waiting until difficulties become so severe that they impact job performance," Jumper wrote.

Suicide rates in the Air Force

have declined over the last six years.

From 1991 to 1996, the Air Force active-duty suicide rate was 14.1 per 100,000. From 1997 — the year in which the suicide prevention program was fully implemented — through 2002, the annual average was 9.1 per 100,000.

The service's suicide rate in 2002 was 8.3 per 100,000 people, its second lowest in 20 years.

In 2003, as of July 21, there had been 19 suicides among

active-duty airmen, a rate of 9.3 per 100,000.

Despite these positive trends, General Jumper emphasized that too many airmen still choose to take their own lives. "These individuals often struggle with relationship problems, financial or legal difficulties, and/or substance abuse."

The Air Force's approach in suicide prevention has received national recognition, including praise in May 2001 from the U.S. Surgeon, who declared the program a model for the nation.

## Foreign Area Officer Information Briefing

A Foreign Area Officer Information Briefing will be held Tuesday at the Delta Breeze Club. The meeting is for those interested in learning a foreign language, becoming a regional expert and helping the Air

Force fill attache billets worldwide.

The briefing will run from noon to 1 p.m. in the Oakview room and is open to all officers. For more information, contact 1st Lt. Keith Strandell at 424-8442.

## Construction updates

### *Air Base Parkway, Travis Boulevard repair schedule*

Air Base Parkway will undergo construction that will cause delays when headed toward the Main Gate of Travis throughout the month of August.

Some of the expected construction projects will include:

- » Removal and replacement of concrete

- » Repair work at the Dover and North Texas Streets intersection.

- » Nighttime repair work on Peabody Road.

Also, construction will con-

tinue on Travis Boulevard, to include completion of the new islands, curbs and gutters from Airman Street to Burkan Street. In addition, work will commence at the following areas:

- » Aug. 4 to 8 — Intersection of Ragsdale Street and Travis Boulevard.

- » Aug. 21 to Sept. 12 — Raised median, sidewalks and gutters.

- » Aug. 25 to Sept. 12 — Skymaster intersection will be closed to all traffic to install drainage system.

## Major selectees announced

### **9th Air Refueling Squadron**

Jobert Calimlim  
John Howard  
Todd Hudgins  
James Roe  
Jay Wahleithner

### **15th Air Force**

Jeffrey Clark

### **21st Airlift Squadron**

Jeffrey Jenkins  
Nikki Johnson

### **22nd Airlift Squadron**

John Demizio  
Zachary Zeiner

### **60th Aerospace Medicine Squadron**

Shannon Phares

### **60th Air Mobility Wing**

Kathryn Stengell

### **60th Diagnostics and Therapeutics Squadron**

Robert Pohler

### **60th Medical Group**

Shelli Cannon-Dekreek

### **60th Medical Operations Squadron**

Jerry Gingrich  
Mark Isajiw  
Bradley Nielsen

### **60th Operation Support Squadron**

Thomas Adkins  
Lucas Haak  
Rebecca Hendrix  
Kevin Murray

### **60th Security Forces Squadron**

Jeffrey Ditlevson

### **60th Medical Surgical Operations Squadron**

Sahver Burnham  
Amie Daryanani  
Mary Mullins  
Nancy Pappas  
Linda Thomas

### **615th Air Mobility Operations Squadron**

Paul Brenner

## Geographically Separated Units:

### **AFROTC Southwest Region**

Brian Winklepleck

### **21st SP OPNS SQ-Onizuka**

Robert Wilfong

### **AF Legal Services AG FO**

Thomas Byron  
Steven Kelso



# Travis Firefighters

accept the  
Challenge

Team Travis captain, Staff Sgt. Mike Melton, right, reviews the team's times with Senior Airman Harry Myers, a member of the Team Travis relay team.



**Above** — Shenah Flores, a member of the Team Travis Firefighter Challenge relay team, practices the forced-entry simulation portion of the challenge using a rubber mallet to move a 165-pound steel weight the length of the metal platform she's standing on.

**Right** — Team Travis relay team member, Senior Airman Harry Myers times Staff Sgt. Jelani Brooks as he begins his run of the challenge course.



Airman 1st Class Brendan O'Neil, a Team Travis relay team member, completes the fire hose pull portion of the challenge.







the challenge course. Here, the competitors pull a fire hose filled with water while negotiating several orange cones.

# Travis firefighter team named best in U.S., shoot for world title

Story by Senior Airman Megan Bouthot  
Photos by Senior Airman Matthew Bates  
60th AMW Public Affairs

For some, it's about the thrill of competition and the chance to be the best. The blood, sweat and tears and sacrifices of personal time are no deterrence. When a group of people with this attitude gets together, there is truly no limit to what can be accomplished — such as becoming the fastest Firefighter Combat Challenge team in the United States.

For the past five years, Staff Sgt. Mike Melton, the captain of the Team Travis Firefighter Combat Challenge Team and a member of the 349th Civil Engineer Squadron, has led his team of dedicated firefighters to challenge after challenge around the country for one reason: to become the best.

The team's members, all personnel working for the 60th or 349th Civil Engineer Squadron Fire Protection Flight, join the team for any number of reasons.

"I have always wanted to be on this team. I read about them before joining the Air Force in a local paper, and decided to join the Air Force and try to come to Travis after reading the article," said Airman 1st Class Brendan O'Neil. "I wanted to be part of the best team around"

The team, who's members change every year due to permanent change-of-station moves, separations and deployments, practices three times a week and is in the gym nearly every day in order to prepare for the competitions. Many members give up hours of free time to make practices and scheduled workouts, according to Sergeant Melton.

And apparently these sacrifices have paid off. The team finished as the best in the United States and second in the world in 2002, and currently holds the fastest U.S. time in 2003, as well as the best team in the Department of Defense for the past five years.

The seven-member team is made up of people of all sizes, experience levels and skills. There is a five-member team, one competitor for the over 50 age group and one competitor for the female group.

"I joined the team because I enjoy the challenge, and the competition," said Shenah Flores, the team's first and only female competitor. "I would like to come back and compete next year as well."

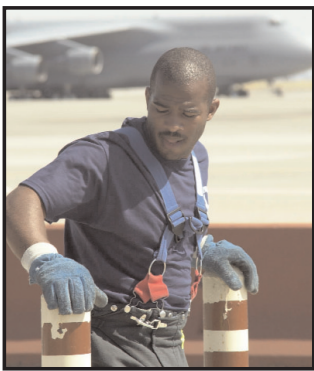
The benefit to joining Team Travis is to show the public the quality and professionalism of the individuals in Air Force fire protection, and to proudly represent Team Travis, said Sergeant Melton. Team members do not receive time out of their work day to participate in practices, nor do they receive any additional time off. The only material prize awarded is a plaque or trophy, which gets housed in Fire Station 1's heavily decorated trophy case, but the real prize is the camaraderie, the spirit of competition and achievement of goals.

"I joined because I like to be part of a team, and I also enjoy pushing my own physical limits," said Staff Sgt. Jelani Brooks, a rookie team member. "Being part of this team is the hardest thing I have ever done."

During practices, the team members run through an obstacle course that is set up to mimic the obstacle course run at each competition, which includes an exercise to simulate forced entry, a fire hydrant "slalom," a charged-hose drag and a dummy drag. The only thing missing, according to Sergeant Brooks, is a tower to practice the five-story tower climb.

This doesn't seem to be hurting the team too badly, however. They have proven themselves to be fierce competitors this year in the two competitions they have entered so far. The team has done very well so far in regional competitions, placing third in Katy, Texas in May and second in Myrtle Beach, S.C. in June. The team is currently preparing for another upcoming regional competition in Anaheim, Calif. Saturday.

"I'm very proud of what this team has been able to accomplish at this level of competition," said Pete Dolan, the base fire chief. "Not only are the members of this team part of the Air Force, a profession dedicated to defending the United States, but they are also the best group of firefighters in our nation."



**Above** — Team Travis relay team member, Staff Sgt. Jelani Brooks, takes a breather after completing all four of the challenge obstacles.

**Left** — Senior Airman Harry Myers drags a 175-pound dummy simulating an adult body 100 feet.

## COMMUNITY BRIEFS

TRAVIS AIR FORCE BASE

### Announcements

#### Cruise

Celebrity Cruise Lines is offering a seven-day California Coast Cruise leaving from San Francisco in September and October. Prices start at \$440 per person and include cruise, taxes, food and entertainment. Destinations are Ensenada, Mexico or Cabo San Lucas. This special price is only available from the base Leisure Travel Office. For more information, call 424-0971 or stop by the travel office located at Outdoor Recreation.

#### Welcome Home Party

The country band, Restless Heart, will be performing at the Travis Welcome Home Party and the ATWIND Family Fun Day Picnic on Aug. 15. The concert, a barbecue lunch, sporting events and children's activities are all free. The party goes from 10 a.m. to 3 p.m. Log on to [www.60thservices.com](http://www.60thservices.com) for more information.

#### Win in Reno

Sign up early for a Reno turn-around Aug. 10 with Information, Tickets and Tours. The bus leaves Outdoor Recreations at 6 a.m. and returns at 10 p.m. The \$15 fee includes transportation, a \$3 food credit and \$10 back in spending cash. All participants must be 21 with a valid ID card. For more information, call 424-5659 or log onto [www.60thservices.com](http://www.60thservices.com).

#### ATWIND days

Every day of the week wear an ATWIND shirt to Smoothie Island located inside the Fitness Center and get a game piece. For more information, go to [www.60thservice.com](http://www.60thservice.com).

### Services

#### Today

▲ ATWIND events and locations are: Sierra Inn and Golden Hills, Mike's Place at the Travis Marina, Outdoor Recreation, Travis Skating Rink and Bar Bingo at the Delta Breeze Club.

#### Saturday

▲ Saturday is National Kids day, but the Youth Center has postponed their celebration to coincide with the Travis Wel-

come Home Party and ATWIND Family Fun Day on Aug. 15. Bring Kids of all ages for a free lunch, crafts, games and water play in the Play Zone.

▲ Party late into the night at the Delta Breeze Club's Late Niter to the best Old School, R&B and Hip Hop. The party starts at 10 p.m. in the Gold Rush Lounge. Members First price is \$2 and non-member price is \$6.

▲ ATWIND event and locations are: Youth bowlers at Travis Bowl, Travis Aquatic Center, Mike's Place at Travis Marina and the Auto Skills Center.

#### Sunday

▲ The ATWIND event is the champagne brunch at the DBC.

#### Monday

▲ Get ATWIND tickets at the Travis Bowl, Gatsby's Grill at Cypress Lakes Golf Course, Smoothie Island at the Fitness Center or the Health and Wellness Center.

#### Tuesday

▲ Storytime at the Mitchell Memorial Library is from 9 to 10 a.m. The book of the week is "Stand Tall, Molly Lou Melon" and the children will make Willie Watermelon. All participants receive an ATWIND game piece. Call 424-3279.

▲ The DBC's Tuesday night club card drawing is from 5 to 6 p.m. in the Enlisted and Officer's clubs. The Officers' Club recently had a winner, but the E-Club is nearing \$1,000. Members must be present to win. Drink specials and free snacks are offered from 4:30 to 5:30 p.m. in both lounges and ATWIND game pieces are given to every customer who buys a meal.

▲ Get ATWIND tickets at the Strike Zone, Cypress Lakes, the Fitness Center and the Frame Shop.

Every Tuesday is the All American barbecue Lunch Buffet at the DBC. Retirees get \$1 in addition to their normal membership discount.

#### Wednesday

▲ It's Double ATWIND Day at Gatsby's Grill at Cypress Lakes Golf Course. Eat any meal at the snack bar and get two game pieces instead of one. Log onto [www.atwind.com](http://www.atwind.com) to

### Music, food and entertainment



Linda Mann-Ilames / 60th Services Squadron

*Traditional music, food and entertainment from the Pacific Islands will be featured at the Travis Asian Pacific Islanders Association's Hawaiian Luau at 6 p.m. Aug. 15 at the Delta Breeze Club. Adults pay \$22.95, Club member adults pay \$19.95, children ages 6 to 12 pay \$8.95. Call Patty Yates at 424-3911 for details.*

register game pieces and for complete rules.

▲ Bowl unlimited games from 3 to 5 p.m. for \$5 at the Travis Bowl and get an ATWIND game piece.

▲ Get ATWIND tickets during karaoke at the DBC, Smoothie Island or the belay clinic at Outdoor Rec. Youth golfers can get them at Cypress Lakes.

#### Thursday

▲ Get ATWIND tickets by buying a meal at the DBC, check out a book at the Mitchell Memorial Library, take a class at the Fitness Center, golf at Cypress Lakes, eat at the Strike Zone or take Water Aerobics at the Aquatic Center.

### Family Support

#### Monday

▲ Spouse Employment Orientation is from 9 to 10 a.m. for newly arrived spouses. Topics include employment and career development programs at the Family Support Center. Call 424-2486.

#### Tuesday

▲ The FSC Readiness NCO will conduct personal preparedness briefings at 8 a.m. and 2 p.m. for those tasked with TDY or contingencies. Call 424-2486 for reservations.

Those unable to make scheduled briefings, can call to arrange a one-on-one briefing.

▲ A Skills and Self Assessment class will be held from 8 a.m. to noon for all job seekers. Explore different career paths based on your personality type, skills, abilities and interests. Call 424-2486.

#### Thursday

▲ WIC representatives will be at the FSC from 8:30 a.m. to 4 p.m. by appointment only. Call 435-2200.

▲ The FSC Readiness NCO will conduct a personal preparedness briefing at 2 p.m. for those tasked with TDY or contingencies. Call 424-2486 for reservations. Those unable to make briefings can call to arrange an individual briefing.

▲ A budget and credit class will be held from 9 a.m. to 11 a.m. at the Family Support Center. Call 424-2486.

▲ The ultimate job search will be held at the Family Support Center from 9 a.m. to noon. Call 424-2486.

### Weekly

▲ The Air Force Aid Society offers no-interest loans to help pay for emergency needs. Call first to see if we can help — don't go to the payday loan shops where you pay 300% or more interest. Emergency assistance may be provided for food, rent, emergency air travel, vehicle repair and other basic needs. We evaluate every case individually. Call your Air Force Aid Society Officer, 424-2486, to see if your situation is one that we can help you solve.

▲ People preparing to make a permanent change of station move should see the relocation assistance manager at the Family Support Center to help with planning.

Together, people will build a "road map" of necessary services they will need during the relocation process. This includes an assessment to identify both the immediate and long term relocation needs of families and referral services to those capable of providing assistance. For an appointment, call 424-2486.

### Chapel Services

#### Catholic

▲ Monday, Tuesday, Thursday and Friday, 11:30 a.m., Catholic Mass, Chapel Center.

▲ Wednesday, noon, Catholic Mass, DGMC Chapel.

▲ Saturday, 4:15 to 4:45 p.m., confessions, Chapel One.

▲ Saturday Mass, 5 p.m., Chapel One.

▲ Sunday Mass, 9 a.m., Chapel One.

▲ Sunday Mass, 12:30 p.m., Chapel Center.

#### Protestant

▲ Friday, noon, 30-minute worship service, DGMC Chapel.

▲ Sunday, 8 a.m., community, praise and worship service, Chapel Center.

▲ Sunday, 9 a.m., liturgical/traditional service, Chapel One.

▲ Sunday, 10:30 a.m., community worship service, Chapel Center. Nursery class for kids 3 months to 3 years.

▲ Sunday, 5 p.m., Inside Out, Chapel Center. Children's program provided. For more information, contact Chaplain (Capt.) Herb Shao at 424-3943.

▲ Sunday, 11 a.m., community Gospel service, Chapel One.

### Wicca

Classes are held at various locations and times due to deployments. E-mail [Beltane@prodigy.net](mailto:Beltane@prodigy.net) for current information.



## Airman Leadership School

### Class 03-F Graduates



**John Levitow Award Winner**  
Taia Smith

**Distinguished Graduates**

Edgar Arellano  
Justin Hoffert  
Aaron McCullough  
Scott Ruedger  
Charles Stage  
Jeffrey Wassik

**Leadership Award Winner**  
Charles Stage

**Academic Award Winner**  
Michelle Summers

**9th Air Refueling Squadron**  
Artis Jones

**21st Airlift Squadron**  
Michael Guevara  
Gale Hartzog

**22nd Airlift Squadron**  
Javier Borges-Martin

**55th Aerial Port Squadron**  
Ross Wood

**60th Aerospace Medical Squadron**  
Brooke Brownlee

**60th Air Mobility Wing**  
Matthew Bates  
Anthony Ellis

**60th Aircraft Maintenance Squadron**  
Jeffrey Dashner  
Dante Davis  
John Howard  
Ryan Marvin  
Erick Masangcay  
William McGaughy  
Dexter McKoy  
Mark Scharff  
Alan Sia  
Jason Summers  
Russell Webster

**60th Aerial Port Squadron**  
Jaime Guzman  
Michael Moore

**60th Civil Engineer Squadron**  
Joshua Hueffmeier  
Shannon Lombard  
Kory Shute

**60th Component Maintenance Squadron**  
Joshua Worthen

**60th Communications Squadron**  
Jeannine Bernard  
Wayne Noa

**60th Dental Squadron**  
Claudia Rodriguez

**60th Diagnostics and Therapeutics Squadron**  
Sean Campbell  
Ashley Hammond  
Kimberly Jones

**60th Equipment Maintenance Squadron**  
Camella Aquino  
David Burgess  
James Cassidy  
Danny Damons  
Garrett Tuggle

**60th Logistics Readiness Squadron**  
Richard Buchanan  
Brain Frary  
Lee Gore  
Travis Newton  
Charles Stage

**60th Medical Operations Squadron**  
Ronald Beeson  
Joel Narvaza  
Benjamin Wass

**60th Medical Support Squadron**  
Rachel Belmes  
Maxwell Tinsley

**60th Maintenance Operations Group**  
Robert Campbell  
Maria Garcia

**60th Mission Support Squadron**  
Randy Johnson

**60th Operations Support Squadron**  
Jason Miles

**60th Security Forces Squadron**  
Thaddeus Guidry  
Tito Holway

**60th Surgical Operations**  
Adrian Allen  
Christopher Carter

**311th Training Squadron**  
Shawnette McLeod

**349th Aircraft Maintenance Squadron**  
Fung Seto  
David Clark

**349th Communications Squadron**  
Jacqueline Gonzalez

**349th Medical Squadron**  
Alexander Putman

**615th Air Mobility Operations Squadron**  
Scotty Clarkin  
Charles Stamps

**615th Air Mobility Squadron**  
Octavio Robles

**660th Aircraft Maintenance Squadron**  
Anthony Dupio  
Lawrence Niesen  
Michael Wright

**715th Air Mobility Squadron**  
Dowright Rogers

**815th Air Mobility Squadron**  
Joshua Roberto  
Barbara VanDeusen

**Band of the Golden West**  
Scott Ruedger

## Important Notice

In the interest of base beautification, base housing residents are asked to refrain from putting up signs to advertise on-base yard sales. Posting yard sale signs on utility poles is a violation of 60 AMWI 90-3 and the California Utilities Commission's Code of Regulations. Do not post yard sale signs on utility poles around the base. Notices can be posted at the shoppette or announced in the *TAILWIND*.

### Yard Sales

Saturday, 555 Amanda Ct., VV.  
Saturday, 307 Vermont St. 8 a.m. to noon.  
Saturday, 119 Eaker St. 7 a.m. to noon.  
Saturday, 114 Idaho St. 7:30 a.m.  
Saturday, 421 Huyser Ct. 7:30 a.m. to noon.  
Saturday, 108 Cannon. 8 a.m. to noon. 437-1297.

### Furniture

Baby crib w/mattress. 437-3552  
Girls full headboard. 469-1214  
7-drawer chest, attached mirror with corner shelves. \$175. 437-0843  
Simmons twin mattress. \$165. 429-3941  
Biege couch w/ foot stool. \$250. 447-4612.  
Black loveseat. \$50. 427-3442  
Little Tykes race car bed w/ mattress. \$50. 426-3790  
Sofa, loveseat and coffee table. \$200. 429-1541  
Computer desk w/chair, \$40. 223-3413.  
Wrought iron table w/chairs, \$500. 437-1297.  
Thomasville entertainment center, \$500, coffee table \$25, and love seat, \$25. 437-1297.

### Appliances

Air conditioner. \$100 OBO. 446-7558.  
Refrigerator w/ icemaker. \$275. 451-4518  
Kenmore refrigerator w/ icemaker. \$325 OBO. 437-2556.  
Washer/dryer \$50 each, black laquer dresser, \$50, king-sized motionless waterbed, \$100. 208-9472.  
Whirlpool washer/dryer, \$300. 223-3413.  
Refrigerator/freezer , \$375. 399-8601.

### Household/Misc. Items

Basketball hoop w/ base, \$10. 223-3413.  
Charbroil gas grill w/ tank, \$50. 223-3413.  
Officer's rank insignia, Capt. and 1st Lt. (530) 792-7250.  
Rototiller, \$200. 469-1214.  
Craftsman lawnmower. \$150. 469-1214.  
Graco infant to youth highchair. 439-9397

Stamp collection, \$100. 425-9632.  
Gas lawn mower, \$50. (701)223-3413  
Gas grill w/ tank, \$40. Full-sized microwave, \$30. Floor Lamp, \$5. Leather jacket, \$40. 422-7972  
Microwave, \$35. VCR, \$30. Gass grill, \$5. 437-1374  
Rose-colored carpet, \$25. Off-white carpet, \$35. 399-8601  
Large stroller. \$100, OBO. 437-4837.  
Home brewing system, \$300. 429-0418.  
Jasmine collection wedding gown, size 4/5. \$6000 OBO. 426-3790.  
12" drill press w/ stand. \$260. 678-9903  
Black entertainment center w/ black doors. \$125. 290-7947.  
Maternity clothes, sz 10-12. 437-1297.  
Krupps coffee and espresso maker, \$35. 437-1297.  
Girls clothes, and shoes. 437-5505.

### Musical Instruments

Upright piano \$300. 451-0904.  
Baby grand piano. \$3,000. 208-7144

### Sports/Athletic Equipment

Treadmill, \$300. (701) 223-3413  
Elliptical trainer, \$120. 426-3790.  
Men's mountain bike, \$75. 437-2461.  
12' Gregor, Camo, 25 HP Suzuki. \$1100. 421-0960.

### Electronic/Computer Items

36" Sony trinitron TV, \$1300. (701)223-3413  
Stereo system, \$30. 437-1374  
PC games, \$10. 447-4612  
Sony stereo system, \$250. 437-1231  
Computer w/ monitor and printer, \$325. 678-9903.  
JVC receiver, \$80. 290-7947.  
5-disc CD changer, \$60. Infinity speakers, \$150.

### Vehicles

2000 Ford taurus, 45k mi. \$11,900 OBO. (530)673-4253.  
2000 Toyota Camry. 43k mi. \$15,000 OBO. 449-0288.  
1997 Nissan SX-SE, 75k mi. \$5900. 426-4390.  
1996 Ford Contour, 85k mi. \$5350. 437-4879.  
1995 Ford Probe, 76k mi. \$2500. 455-8090.  
1995 Lexus ES300. 84k mi. \$10,500. (415) 235-0045.  
1988 Ford Ranger. Make offer. 208-9472.  
1985 Chevy Impala, 96k mi. \$1000. 437-4879.  
1968 Chevy shortbed. \$3500 OBO. 439-9410.

### Vehicle Accessories

Box speaker for behind truck seat, \$20. 422-7972  
4 BF Goodrich TA radials. \$200. 437-0843.  
Rear spoiler for '94-'98 Mustang GT, \$80. Rear spoiler for '87-'93 Mustang GT, \$80. Set of turbine style wheels from '87 Mustang, \$50, set of '84 Trans Am wheels, \$60. 290-7947.

### Pets

Dog, doxy mix. Good w/kids. \$25, including cage, travel crate, etc. 439-9973.

### Trailers/Boats/Campers

Pedal boat, \$500. (909) 314-8526.  
1986 Beachcraft 21' cutty cabin. V-8 inboard/outboard. \$6500. 207-0106.

### House/Room for Sale/Rent

House for rent, 4br/2ba in Suisun, \$1600. 480-4693.  
House for rent, 3br/2ba. \$1550. 290-9002.  
Room for rent, \$550 including utilities. 365-5490.  
House for rent, 4br/2.5ba, \$1900 + dep. 449-3421.

### Wanted

Rubbermaid "Big Max" storage shed, Rubbermaid or Sterilite storage cabinets. 439-0975

## SWAP AD TIPS

Swap Ads are a free service designed to give the base community a way to buy, sell or trade items. The following tips should make using the Swap Ads easier.

◆ Describe the product with the **facts only**, save the sales pitch for later.

◆ **Write legibly.** If it can't be read, it will not be run. The *Tailwind* staff does not have time to call and clarify ads that are not legible.

◆ Always include a home phone number. **Duty phone numbers will not be printed.** Only one phone number will be printed per ad.

◆ **Yard sales must contain date, time and location.**

◆ Ads should be dropped off in Bldg. 51 at the Public Affairs office.

**We do not accept ads by fax, phone call or e-mail.**

◆ The **deadline for the free Swap Ad service is Monday at noon.**

◆ **Ads must be re-submitted each week.**

If you miss the deadline or request that an ad be printed exactly as written, it might be worth calling the Daily Republic for a paid classified ad. Their number is 425-4646.

If you have questions, please **CALL 424-2011**.

# Travis Bowl leagues fit any style



File photo

A local bowler gets in some practice at the Travis Bowl bowling center here. The center offers leagues for any type of bowler, from the avid to the amateur.

## Old, young alike can enjoy knocking down pins, hanging out with friends

### 60th Services Squadron

There's something to be said about having friends around when that bowling ball heads down the lane just right and knocks all the pins down. The joy can barely be kept inside.

But don't forget, this same crowd will laugh when the bowling ball falls in the gutter instead. And that's part of the camaraderie of being on a bowling league at Travis Bowl.

Being part of a league is a great way to socialize, win prizes or cash and improve your game. Open enrollment begins in August. To enroll simply make a quick stop at Travis Bowl and look over the wide selection of bowling leagues.

There are bowling leagues for just about every type of person and bowler on Travis; anyone at any skill level can find a league. There are leagues for children, seniors, parents, fathers and sons, mothers and daughters and many more.

"Bowling is a life sport," said Lou D'Eramo, Travis Bowl manager. "That means you are never too young or too old to play the game."

There is league bowling almost every day, some leagues

at night some during the day. For those just looking to get out of the house and meet new people, a bowling league is a great opportunity.

With regular meetings and a wide range of specialty leagues, it's almost a sure bet anyone will find some people to get along with.

"Bowling isn't just about getting the perfect game," Mr. D'Eramo said. "Coming out and spending time with friends and having fun are the most important parts of the game."

Want more than camaraderie? Many of the leagues bowl for prizes and cash at the many events and competitions around California.

Just like the old axiom says, practice, practice, practice. To improve their average, bowlers must practice, Mr. D'Eramo said. "Just like joining a gym with a friend helps keep you motivated, joining a bowling league keeps you focused."

"With continued practice, encouragement and help, a league can really make the difference in the way you bowl," added Mr. D'Eramo.

For more information, call Travis Bowl at 437-4737.

### Travis Bowl's Winter Leagues Schedule

- » Sunday Night Mixed
- » Monday Night Mixed
- » Tuesday Night Mixed
- » Wednesday Night Mixed
- » Thursday Intramural
- » Friday Guys & Dolls
- » Saturday YABA
- » Travis Classic League
- » Ladies Scratch Trio
- » Independent Wives League Trio
- » DGMC League
- » Little 2 1/2 League
- » Travis Intramural

*All leagues are subject to change.*

## Learn to Scuba with Pacific Reef, Travis Outdoor Recreation

### 60th Services Squadron

Visit the famous kelp bed forests, swim with sea otters and sea lions, and see a whole different world under the sea anywhere in the world. Students can earn their entry-level scuba certification with Pacific Reef Scuba at Travis.

Scuba classes will be held at Outdoor Recreation and the Travis Aquatic Center. Upon completion of classes, students will head to the ocean for a two-day open water dive.

The \$289 course fee covers: manual, workbook, instructional videotape, audio tapes, dive tables, a training and recreational logbook, highlighter, pencil,

temporary certification card and permanent lifetime certification card.

Diving equipment provided for training includes: weight belt, regulators with gauges and compass, one-piece semi-dry wetsuit with hooded vest, BCD, and tanks for the pool and the ocean.

Students need to provide their own

mask, snorkel, boots, fins and gloves, which can be purchased at a 15 percent discount at Pacific Reef Scuba in Vacaville. After completion of the class students will also get one free gear rental at Pacific Reef.

Call Outdoor Recreation at 424-5659 or Pacific Reef at 448-3483 for more information.



## SPORTS SHORTS

## TRAVIS AIR FORCE BASE

## Outdoor Adventures

The Outdoor Adventure Program has plenty of activities planned for the month of August. They include a white water rafting day trip Aug. 9, or an overnight trip to Big Bend Hot Springs, Calif. Aug. 9. The OAP is also offering a full moon paddle on Lake Berryessa Aug. 10. Participants must sign up in advance for all trips. For more information, call 424-5659 or stop by Outdoor Recreation on Ellis Drive to sign up.

## Earn Commander's Trophy points

Squadrons will compete against each other for trophies and commander's trophy points in the Warrior Sports Competition Aug. 15 as part of the Welcome Home Party and ATWIND Family Fun Day festivities.

Events include dodge ball, three-on-three basketball tournaments and ironman competition. For more information, or to sign up for an event, call 424-2008.

## Travis body building competition

The Travis bodybuilding competition is Aug. 23. Though it is not a sanctioned event, prizes and trophies will be awarded.

Registrations have already begun for the event at the Fitness center. The fee is \$25 before Aug. 15 or \$30 after Aug. 15. For more information, or to sign up call 424-2008.

There is a posing seminar Saturday from 10 a.m. to 1 p.m. at the Fitness Center. Registration fee is \$20. Call 424-2008.

## TRAVIS CINEMA

**The Travis theater is closed for renovation until early August. During the renovation, seats will be upgraded, soundproofing will be incorporated, and the building will undergo upgrades to meet base standards. Watch the Tailwind for details on its re-opening.**

Visit [www.aafes.com/ems](http://www.aafes.com/ems).

## Knowledge is power!

Read a book at the base library.

## FITNESS CENTER CLASSES

## TRAVIS AIR FORCE BASE

## Aerobics room

## Monday

- » Core cycling, 5:30 to 6:30 a.m.
- » Strength Fusion, 9:30 to 10:30 a.m.
- » Core step aerobics, 11:30 a.m. to 12:30 p.m.
- » Squadron cycle, 12:30 to 1:30 p.m.
- » Phat Fitness for 12 and older, 4 to 5 p.m.
- » Core step aerobics, 5 to 6 p.m.
- » Kickboxing aerobics, 6 to 7 p.m.
- » Cycling, 7 to 8 p.m.

## Tuesday

- » Core step aerobics, 5:30 to 6:30 a.m.
- » EZ Does It, 9 to 10 a.m.
- » Core cycling, 11:30 a.m. to 12:30 p.m.
- » Body conditioning, 1 to 3 p.m., Solano College
- » Squadron cycle, 3 to 4 p.m.
- » Squadron cycle, 4 to 5 p.m.
- » Core step aerobics, 5 to 6 p.m.
- » Core PiYo, 6 to 7 p.m.
- » Cycling, 7 to 8 p.m.

## Wednesday

- » Core cycling, 5:30 to 6:30 a.m.

- » Yoga, 9:30 to 10:30 a.m.
- » Core step aerobics, 11:30 a.m. to 12:30 p.m.
- » Squadron cycle, 12:30 to 1:30 p.m.
- » Squadron cycle, 3 to 4 p.m.
- » Phat Fitness for 12 and older, 4 to 5 p.m.
- » Core step aerobics, 5 to 6 p.m.
- » Hip hop aerobics, 6 to 7 p.m.
- » Cycling, 7 to 8 p.m.

## Thursday

- » Core step aerobics, 5:30 to 6:30 a.m.
- » EZ Does It, 9 to 10 a.m.
- » Core cycling, 11:30 a.m. to 12:30 p.m.
- » Squadron cycle, 12:30 to 1:30 p.m.
- » Squadron cycle, 3 to 4 p.m.
- » Squadron cycle, 4 to 5 p.m.
- » Core cycling, 5 to 6 p.m.
- » Yoga, 6 to 7 p.m.
- » Cycling from 7 to 8 p.m.

## Friday

- » Cycling, 5:30 to 6:30 a.m.
- » Strength Fusion, 8:30 to 9:30 a.m.
- » Core step aerobics, 11:30 a.m. to 12:30 p.m.
- » Core kickboxing aerobics, 5 to 6 p.m.

- » PiYo, 6 to 7 p.m.

## Saturday

- » Cycling, 8 to 9 a.m.
- » Total Fitness, 9 to 10 a.m.

## Martial arts dojo

## Monday

- » Introduction to PiYo, noon to 1:30 p.m.
- » Kung Fu San Soo, 6:30 to 8 p.m.
- » Kickboxing, 7 to 9 p.m.

## Tuesday

- » Pregnancy/Postpartum class, 9:30 to 10:30 a.m.
- » PiYo, 12:30 to 1:30 p.m.
- » Kickboxing, 5 to 7 p.m.

## Wednesday

- » Kajukembo, 5 to 6:30 p.m.
- » Kung Fu San Soo, 6:30 to 8 p.m.
- » Kickboxing, 7 to 9 p.m.

## Thursday

- » Pregnancy/Postpartum class, 9:30 to 10:30 a.m.
- » PiYo, 12:30 to 1:30 p.m.
- » Kickboxing, 5 to 7 p.m.

## Friday

- » Yoga, 9:30 to 10:30 a.m.
- » Kajukembo, 5 to 8:30 p.m.

## Looking for Sports Info.



The Tailwind is always looking for sports news and features. If you or someone you know has an idea for a sports story, call the Tailwind at 424 - 2355. Sports stories can include unusual hobbies or pastimes, Travis sports scores and highlights, or anything else that deals with sports and recreation at Travis.



## Airman's The Book 2003

Available online!



[www.af.mil/news/airman](http://www.af.mil/news/airman)

Check with the Fitness Center for updated seasonal changes for all fitness programs. Core classes are free for active-duty military, who must present a valid military ID in order to attend. All other classes are available to both active-duty and dependents, however, a pass purchased through the Fitness Center is required. For details, call 424-2008.